



PARAGON NEW LAUNCH

GROUP FITNESS CLASSES AFTER DARK

Every Saturday starting 6 April 2024

MAIN STUDIO

7:00PM - 7:45PM

ZUMBA

CHARLOTTE

8:00PM - 8:45PM

BODYPUMP

LOKIES

MIND AND BODY STUDIO

7:00PM - 7:45PM

BODYCOMBAT

KATHERINE

8:00PM - 8:45PM

GENTLE FLOW

LESTER

CYCLING STUDIO

8:00PM - 8:45PM

RPM

KATHERINE

> Book any of these classes on the [Fitness First Asia mobile app](#) now.